



Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

APRIL 2018

Easy Stir-Fry Beef and Bean Chili Oven Roasted Asparagus Sweet Pineapple Slaw Peanut Butter Yogurt Sandwiches

Easy Stir-Fry

1 pound boneless chicken breasts or beef round steak.
1 tablespoon oil
2 cups raw vegetables, cut into bite-size pieces (carrots, celery, onion, green pepper, broccoli, frozen peas or water chestnuts)
½ cup beef or chicken broth, low sodium preferred
2 cups cooked brown rice
Optional: soy sauce and garlic powder



1. Cut meat into thin slices or small cubes.
2. Heat oil in a frying pan. Add meat and cook until almost done.
3. Add vegetables and broth.
4. Cook until meat is done and vegetables are tender, but crisp.
5. Stir in rice or serve over rice.
6. Add soy sauce or garlic powder as desired.

Nutrition Note: This recipe makes 4 servings. Each serving (with low-sodium broth) has 300 calories, 7 grams of fat, 27 grams of protein, 29 grams of carbohydrates and 150 milligrams of sodium.

Beef and Bean Chili

½ pound lean ground beef
½ cup chopped onion
2 cans (14.5 ounces each) diced tomatoes, low sodium preferred
2 cups pinto or red beans (drained and rinsed if using canned)
1 cup water
1 cup uncooked whole-grain/whole-wheat macaroni
1 teaspoon chili powder



1. Cook ground beef and onions in a skillet until meat is browned. Drain off any excess fat.
2. Add tomatoes (with liquid), beans, water, macaroni and chili powder to beef.
3. Simmer for about 30 minutes or until macaroni is tender. Stir occasionally. Add a little more water while cooking if needed.

Recipe Source: www.numatters.com

Nutrition Note: This recipe makes 6 servings. Each serving (using low-sodium tomatoes) has 250 calories, 5 grams of fat, 16 grams of protein, 36 grams of carbohydrates and 180 milligrams of sodium.

Why breastfeed?



“It’s an experience every mom should try at least once. Unforgettable.”

~ WIC Breastfeeding Mom from Lake Region WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Oven Roasted Asparagus

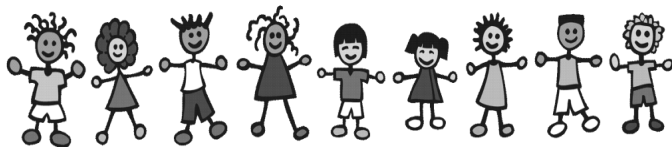
1 bunch or 1 pound fresh asparagus
1 tablespoon olive oil
½ tablespoon salt
½ tablespoon black pepper
Parmesan cheese (optional)



1. Heat oven to 425 degrees.
2. Rinse asparagus and cut off any tough ends. Place in a mixing bowl.
3. Sprinkle oil, salt and pepper over asparagus. Toss to coat evenly.
4. Spread asparagus on a metal baking sheet. Roast for 10-15 minutes.
5. Sprinkle with a little grated parmesan cheese before serving, if desired.

Recipe Source: www.numatters.com

Nutrition Note: This recipe makes 4 servings. Each serving has 50 calories, 3.5 grams of fat, 3 grams of protein, 4 grams of carbohydrates and 75 milligrams of sodium.



Tips for a Happy & Healthy Family

Stop and listen. When your child is talking, look her in the eyes and listen. Turn off the television. Put down the cell phone. Your child will learn that it’s important to listen to others.

Source: www.nutritionmatters.com

Sweet Pineapple Slaw

1 can (20 ounces) crushed pineapple or pineapple tidbits in juice
½ package (14-16 ounces) coleslaw mix or 4 cups shredded cabbage and carrots
½ cup raisins
½ cup fat-free or low-fat peach yogurt
⅛ teaspoon cinnamon
1 tablespoon pineapple juice
½ cup toasted, slivered almonds, optional



1. Drain pineapple well, saving 1 tablespoon of juice.
2. Combine pineapple, coleslaw mix and raisins in a large bowl.
3. Stir together yogurt, cinnamon and pineapple juice in a small bowl.
4. Pour yogurt mixture over coleslaw and fruit mixture.
5. Stir gently to coat.
6. If using slivered almonds, toast by placing on a pan and baking at 375 degrees for 10 minutes. Stir in almonds just before serving.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 8 servings. Each serving (without almonds) has 100 calories, 0 grams of fat, 2 grams of protein, 24 grams of carbohydrates and 15 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC Because You Care

 NORTH DAKOTA
DEPARTMENT of HEALTH

800.472.2286

www.ndhealth.gov/wic



Turn Off the TV



Look for signs of spring with your child - new leaves on trees, plants coming up out of the ground, birds making nests, flowers on trees or bushes, baby animals.

Source: www.nutritionmatters.com

Peanut Butter Yogurt Sandwiches

4 teaspoons peanut butter
2 tablespoons fat-free or low-fat vanilla yogurt
8 graham cracker squares (may substitute cinnamon graham crackers)
Cinnamon (optional)
Nutmeg (optional)

1. Mix peanut butter and yogurt in a small bowl.
2. Spread peanut butter/yogurt mixture on four graham cracker squares.
3. Sprinkle with cinnamon and nutmeg, if desired.
4. Top with another graham cracker.
5. Serve immediately.

Note: These may become mushy if not served promptly.

Recipe source: Reprinted from Steps to Healthy, Economical Meals, NDSU Extension Service, <https://www.ag.ndsu.edu/pubs/yf/foods/fn1595.pdf>

Nutrition Note: This recipe makes 4 sandwiches. Each sandwich has 70 calories, 3.5 grams of fat, 2 grams of protein, 9 grams of carbohydrates and 70 milligrams of sodium.

GROWING HAPPY FAMILIES



Be Considerate Without Catering

Don't try to please every eater with every food at every meal. Settle for providing each eater with one or two foods they generally enjoy at each meal. This is not an alternate main dish such as pizza, peanut butter or chicken nuggets (unless that is the family meal), but a side dish that everyone shares, such as bread, pasta, fruit, etc.

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